

# Marlborough Seniors <sup>on the</sup> Go

Supported by the Executive Office of Elder Affairs

Vol. 6 Issue 6 June 2012

## Mayor's Corner



For many people, the onset of springtime signals warmer weather, frustration with the Red Sox, and a desire to get outdoors and enjoy the fresh air. For many of us involved in state and local government, springtime means one thing - the budget.

Thankfully, I am happy to report to you that the City Council and I have had a very productive and efficient budget season so far. The budget I submitted to them totaled in the amount of \$127,009,055.00 and represents an increase of only 2.84% over last year's budget. I can say confidently that our budget ensures that our city is "living within our means" while ensuring that our residents continue to receive high quality services.

After approving some minor cuts and adjustments, the Finance Committee gave its unanimous approval to my proposal on May 11th. By the time you read this, I anticipate the full Council having voted on and approved the city's budget for the next fiscal year. I want to thank my colleagues from the City Council for their partnership throughout this year's budget process. I have every confidence that this year's budget, once approved, is something we can all be proud of.

I wish you a happy and healthy spring season.

Sincerely,

A handwritten signature in black ink, appearing to read "John A. DeStefano".

## 2ND ANNUAL FLAG DAY COOK-OUT

Sponsored by  
**Fitzgerald and Collins Funeral Home**

Yeah! It's time to pull out the red, white and blue and help celebrate Flag Day. We will be awarding two gift certificates for the best Betsy Ross and Uncle Sam for those who would like to be a little extra patriotic in their dress.

Foot tapping music by Hooper & Beckwith will be provided. You'll enjoy this good traditional music..

Oh, we can't wait for the grills to be working at cooking all those hamburgers and hot dogs. As you know, there will be wonderful sides, beverages, dessert for all to enjoy and who can forget the wonderful food servers. It will be another great time so come and join us on **Thursday, June 14th at 1:00PM.**

Please call to reserve your seat - 508-485-6492



### Marlborough Council on Aging Mission Statement

"It is the mission of the Council on Aging & Senior Center to promote healthy, successful aging and to enhance the quality of life for Marlborough's senior citizens 60 years of age or older. To that end, we strive to provide comprehensive services and programs for older adults and their families."

### **Historical & Current Perspectives With Dr. Gary Hylander**

We are pleased to have Historian and Adjunct Professor from Framingham State University, Dr. Gary Hylander lead us in a three month series highlighting significant historical influences on our country's evolution. Come enjoy this lecture and discussion series. Light "period" refreshments will be served.

**Monday, June 18, 2012 @ 1:15 P.M.**

#### **Lincoln And the Election of 1860**

Convinced that Lincoln's election would result in a Republican effort to abolish slavery, Southern fire-eaters from the lower South voted to secede from the Union and form the Confederate States of America. Lincoln, in his inaugural address, expressed confidence that the crisis would pass and that the Union would be preserved when secessionists were "again touched...by the better angels of our nature."

**Monday, July 16, 2012 @ 1:15 P.M.**

#### **Lincoln At Gettysburg**

The power of words has rarely been given a more compelling demonstration than in Lincoln's Gettysburg Address. In a mere 272 words, Lincoln's remarks completed the work of General Meade's guns. Announcing "a new birth of freedom" for all Americans, the Gettysburg Address has become an authoritative expression of the American spirit-as authoritative as the Declaration of Independence itself. Because of Lincoln's words, we live in a different America "conceived in liberty and dedicated to the proposition that all men are created equal."

**Monday, August 13, 2012 @ 1:15 P.M.**

#### **First Ladies Of The Civil War**

Join us as we discuss the Civil War experiences of Varina Davis and Mary Lincoln. A supporter of slavery but also a Unionist, Mrs. Davis never felt at ease in the Confederate Capital of Richmond. Mrs. Lincoln, a volatile and sharp-tongued woman, was suspected of being a Confederate sympathizer and viewed as a frontier hayseed by Washington socialites. At the close of the war, Mrs. Davis campaigned to free her husband from prison while Mrs. Lincoln endured the public embarrassment of having her insanity trials spread across the front pages of American newspapers.

Please call the Senior Center Office to partake in this series - **508-485-6492**

### **Attorney Tracey Ingle**

#### **Spring/Summer Legal Presentations**

We are glad to welcome back Atty. Tracey Ingle of Ingle Law to our Center. Tracy will be hosting a three month series beginning on Monday June 11th at 1:30PM. The topic "Now I'm a Senior, What Should I Do About It?"

Tracey will discuss topics that are unique to seniors as well as take questions from the audience concerning Elder Law. She will also discuss how to make an action plan in case of crisis as well as what new guidelines the State of Massachusetts has adopted and what services are available to you as a resident of this State.

The July topic for those who like to plan ahead is "Where is it?" Mark your calendar for Monday July 23rd at 1:30 P.M. for this second session with Tracey.

Please **RSVP** for this legal time with Attorney Tracey Ingle - 508-485-6492

### **The Walking Wonders**

Come join the "Walking Wonders" for a trek around Ghiloni Park. We will meet in the parking lot on Mondays and Wednesdays at 8:30AM; pedometers will be provided so we can all keep track with the distance we walk. Prizes will be handed out to the individual with the most miles on their pedometer, and the person with the best attendance.

Please call the Senior Center if you need a ride and meet in the lobby of the Senior Center at 240 Main St. at 8:15 AM.

Hope to see you there!

From the Director: Jennifer Claro

**Senior Center volunteers gave \$101,739.74 in volunteer hours to our great City.**

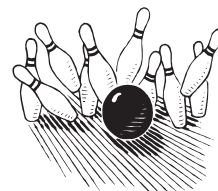
The month of May was filled with special events which included our Volunteer Appreciation Luncheon held at the lovely Wayside Inn thanks to the efforts of our very own, **Debbie Beausoleil** and the **Wayside Inn Keeper, John J. Cowden**. We were also glad to have **Mayor Arthur Vigeant** with us for lunch and honored the following **Volunteers of the Year** with Proclamations: **Rita Connors, Sheila and Tom Brecken and Dottie Hodgson**. Congratulations, Rita, Tom, Sheila and Dottie. Also, **Jim Confrey and Fran Forance** were recognized for their tremendous volunteer spirit and contributions. Thank you **Councilor Robey** for helping recognize our volunteers and being a part of our luncheon. Unfortunately, two volunteers were not mentioned during our luncheon and I would like to rectify that oversight and thank **Jan Pulsifer and Josie White** for their weekly help with our Monday Blue Plate Special luncheons.

Also this past month **Judy Jewett and Sheila Brecken** concluded their personal bracelet fundraiser for the Senior Center Building Fund raising \$314.00 and we would like to thank them for their personal initiative to help us get a little closer to our future new Senior Center. Our Senior Center was also fortunate to receive a new DVD player for our weekly Movie Time held each Tuesday at 1:00. I would like to thank **Peg Bouvier** for donating this new DVD Player in honor of her mother Mabel Cornish.

Lastly and not least on my thank you list, I would like to recognize **Senator James B. Eldridge and Mayor Vigeant** for their donations of tickets for the Mayor's Charity Ball. It was nice to see so many of our center members enjoying this fun and very nice evening. Next month, I will update you on the 36<sup>th</sup> Annual Mayor's Senior of the Year Dinner, I look forward to seeing you there. Don't forget to read your newsletter for many new, upcoming events which include the following: 2<sup>nd</sup> Annual Flag Day Cook-Out **sponsored by Fitzgerald and Collins Funeral Home**, Dr. Gary Hylander's Historical and Current Perspective Series, Chocolate and Coffee with **Kindred PeopleFirst Homecare and Hospice** and finally Men's Time at Firefly's.

Sponsored by

## Fitzgerald & Collins Funeral Home



Where: **Sawyers** in Northborough

When: Friday June 8th 11:am

Teams will be organized once we get a final count of who has time to "spare" to have another great time together for only \$3.00.

After 2 strings of bowling, we will meet at Mama's Pizzeria next door to the bowling alley for pizza and a beverage.

Maximum bowlers for this very popular time is 12, so please call (508-485-6492) or drop by the front desk to sign up.

## FRIENDS OF THE MARLBOROUR SENIORS

### 1ST ANNUAL FLEA MARKET

**JUNE 9TH—9AM—4pm**

**At**

**Marlborough Senior Center  
250 Main Street**

**Inside Space - \$15.00 - with table provided**

**Outside Space - \$10.00 - Bring your own table**

**Lunch will be available**

**If you would like to reserve a space, please call  
Judy Jewett - 508-485-0785**

**COME AND JOIN THE FUN!**



# REACHING OUT

## UPCOMING PROGRAMS FOR CAREGIVERS

Pleasantries Adult Day Services and the Marlborough council on Aging are sponsoring a four part "Dine and Learn Series" for community caregivers. Tammy Pozerycki, the Owner and Director of Pleasantries Adult Day Services will be conducting the series. Tammy has had extensive experience in the field of health care including working in long-term care nursing settings, assisted living facilities, adult day services, home health and hospice, individual and family counseling, as well as community-based services for older adults. Tammy holds a master's degree in Counseling Psychology.

The sessions include:

**I. "Alzheimer's and other Dementia-the basics"**

Wednesday, May 30th - 5:30-7:30

At Pleasantries...195 Reservoir St., Marlborough

**II. "How to make the most of the Doctor's visit"**

Wednesday, June 13th - 5:30-7:30

At Pleasantries... 195 Reservoir St., Marlborough

**III. "Alternatives to Alzheimer's and Dementia Care"**

Wednesday, June 27th - 5:30-7:30

At Linguine's Restaurant...350 Boston Post Road West, Marlborough

**IV. "Have your questions answered"**

Wednesday, July 11th - 5:30-7:30

At Pleasantries...195 Reservoir St., Marlborough

This evening, enjoy the entertainment provided by singer, James Porcella

## **"Coping with Caregiving" - Tuesday, June 19, 2012 - 2:00PM**

Tammy Pozerycki and Susan Maki, Social Service Coordinator at the Marlborough Senior Center will be presenting a workshop entitled **"Coping with Caregiving"** which will include information on different types of caregivers, physical and emotional signs of caregiver stress, signs of caregiver burnout, and some helpful information on long-distance caregiving. Call 508-485-6492 to register.

## Outreach Department

*Ana Cristina Oliveira*

# Medicare: More Free Preventive Services in 2012

As part of the Affordable Care Act (health care reform), Medicare continues to expand the number of free preventive services available. These services are free whether you have a traditional Medicare or a Medicare Advantage plan, like an HMO. Last year, an estimated 32.5 million Medicare beneficiaries used one or more of these free benefits.

The goal is to help people screening (including colonoscopies)

- Colorectal cancer screening
- Mammograms
- Pap tests and pelvic exams
- Bone mass measurements
- Flu and pneumonia shots

Some of the newly available annual services at no cost are:

- Alcohol misuse screening and counseling
- Cardiovascular screening
- Depression screening
- Obesity screening and counseling

For a complete list of free preventive services, go to [www.medicare.gov](http://www.medicare.gov) or see a SHINE counselor.

Trained **SHINE** (Serving Health Information Needs of Elders) volunteers can help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your senior center and ask for a **SHINE** appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the **SHINE** answering machine, leave your name and number. A volunteer will call you back as soon as possible.





and

Marlboro  
Council on Aging

Cordially invite you to attend...

### Community Caregivers' Dine & Learn Four Part Series

I. "Alzheimer's and other Dementia... the basics"

Wednesday, May 30<sup>th</sup> 5:30pm to 7:30pm

At Pleasanties... 195 Reservoir Street, Marlboro

II. "How to make the most of the Doctor's visit"

Wednesday, June 13<sup>th</sup> 5:30pm to 7:30pm

At Pleasanties... 195 Reservoir Street, Marlboro

III. "Alternatives to Alzheimer's & Dementia care"

Wednesday, June 27<sup>th</sup> 5:30pm to 7:30pm

At Linguine's Restaurant... 350 Boston Post Road West, Marlboro

IV. "Have your questions answered"

Wednesday, July 11<sup>th</sup> 5:30pm to 7:30pm

At Pleasanties ... 195 Reservoir Street, Marlboro

This evening, enjoy the entertainment provided by Singer, James Porcella

This is a free event, open to the community of caregivers. Attend and enjoy a delicious dinner and receive great information. Our special series includes going to a restaurant for session III and having entertainment for session IV.

**Space is limited so please call now to make your reservations 508-481-0809**

A POPULAR HIT at  
the Senior Center

## Monday's Blue Plate Special!

**TJ's in Ashland provides these tasty meals  
each week**

**Price for meals: \$4.75 or \$8.00 for you and a  
friend.**

### Menus for May:

**June 4th:** Sausage, Pepper & Onion Subs

**June 11th:** Baked Barbecued Chicken

**June 18th:** Eggplant Parmesan

**June 25th:** Shepherds Pie

**Meals also include rolls and  
butter, dessert and beverage!**

**Please purchase your tickets at the  
Senior Center Office by Friday-noon  
prior to Monday's lunch!**

### LIVING MEMORIAL

This form allows you to make a donation that will support and enhance the senior services in our Marlborough community. The individual or families you have chosen to honor will be notified of your contribution. Your support is needed and greatly appreciated.

*I am enclosing \$\_\_\_\_\_ Make checks payable to: Friends of Marlborough Seniors*

*In honor/memory of \_\_\_\_\_*

*Send acknowledgement to: Name \_\_\_\_\_*

*Address \_\_\_\_\_*

*City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_*

*Donation Name \_\_\_\_\_ or anonymous \_\_\_\_\_*

*From: Address: \_\_\_\_\_*

*Friends of Marlborough Seniors, P.O. Box 358, Marlborough, MA 01752*

## Legal Clinic with Arthur Bergeron

Mark your calendar for Tuesday, June 12th - 12:30PM

Arthur Bergeron will be holding his last Clinic for this series. He will be available to meet with individuals concerning their legal questions after the seminar on :

**“Wills 202: Protecting your Children from Themselves.”**

In this seminar, Attorney Arthur Bergeron will be joined by a fellow colleague and legal specialist from Mirick O’Connell, and together they will discuss how you can protect your child by planning ahead to make sure that your bequest to him/her in your Will does not inadvertently go to his/her creditors or disgruntled spouses. They will discuss in detail how this could affect their ability to qualify for other government benefits and/or student financial aid awards for their children.

Please let the Senior Center know if you would like to schedule an individual appointment with Atty. Bergeron after the Legal Clinic between 2:00PM & 3:15PM.

**Please RSVP for this popular legal clinic: 508-485-6492**

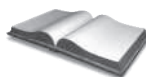
## Historical Society

**Tuesday, June 26, 2012**

**7:00PM to 9:00PM at Senior Center**

Local historian, Paul Brodeur, will enlighten and entertain the

### **BOOK CLUB**



Come join Sheila Brecken and others who enjoy reading and discussing a good book.

The Book Club meets at Academy Knolls on the 3rd Tuesday of the month at 1:00PM.

June’s selection: One Thousand White Women by Jim Fergus

*If you want to get ahead on your reading, the book for July is The Camel Club by David Baldacci and August’s book is Little Giant of Aberdeen by Tiffany Baker.*

Please feel free to join this fun group of book lovers. For more information please call: 508-485-5580.

## ACRYLIC PAINTING

WITH HELEN DOWNEY

This painting opportunity is open for all painting skills levels. Helen will provide teaching as well as individualized instruction for her students.

Dates of Classes:

June 5th and 19th,

July 3rd :(Field trip to Tower Hill)

July 10th: Museum Field Trip

July 17th

Please bring your acrylic paint, brushes and canvas or these items may be purchased from the instructor. In addition, a \$2.00 donation for each class is suggested. Transportation and entrance fees will be provided for field trips.

Please call the Senior Center if you would like to be a part of this workshop.

**508-485-6492**

## CHOCOLATE & COFFEE

Friday, June 15th - 2:00PM

For a fun and very energetic program speaker, come hear **Ava Hallam**, BSW (another southerner) from **PeopleFirst Hospice** discuss “The Good, the Bad and the Ugly on the benefits and effects of coffee and chocolate. Ava will be speaking to certain health conditions such as heart disease, nutrition, blood pressure, diabetes and memory. It will be a tasty and informative time you do not want to miss. So mark your calendar and do 10 extra minutes of exercise for Friday, June 15th at 2PM.

Don’t forget to RSVP – 508-586-6492



## **TASTE OF MARLBOROUGH & BREWFEST**

**MONDAY, JUNE 11TH - 5:30PM - 9:30PM**

This year the event will feature 35 food establishments, there will be 35 to 40 breweries participating with sampling of over 100 types of beer, and entertainment in 14 different locations. Ticket Prices are as follows:

Seniors (62+ Years) and children under 12 will be \$15 in advance & \$20 at the event. Regular tickets are \$20 in advance & \$25 at the event. A ticket to do both Taste and Brewfest will be \$25 in advance & \$30 at the event.

Tickets may be purchased at the Senior Center, 240 Main Street, between 8AM & 4PM go to [www.oldmarlborough.org](http://www.oldmarlborough.org) for more information.

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# **THANK YOU!**

The “Friends” of Marlborough Seniors would like to thank the following people for their generous donations toward the New Senior Center Building Fund .

**GAIL AND FRANK SULLIVAN, ARTHUR MARSAN,  
CONCETTA SEYMOUR, DAVID & BEATRICE GRANT  
PAULINE ORDWAY**

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## **Second Saturday**

**Do you need some minor repairs to your home or some  
extra helping hands around your home or apartment?**

“Second Saturday” is a resource (originating out of Grace Baptist Church in Hudson) that is available to low income seniors here in our community. This outreach has provided wonderful help to seniors by assisting in moving or setting up a new household, yard work, light repairs and housekeeping. Our volunteers can also assist in dismantling a home or apartment when a loved one is permanently moved to an assisted living facility or nursing home. Furthermore, if you have donations of furniture, household items or clothing we will gladly take and recycle these items to those experiencing hardship.

**Call for repairs must be received by Sunday, June 3rd, 2012.**

**Second Saturday date for work is June 9th, 2012**

**Call Barbara McGuire—508-624-9365 for questions or to schedule an appointment.**



## **Health Services**

### **Wellness Clinic**

The Senior Center offers a weekly drop-in health clinic. Blood sugar and blood pressure testing are provided. No appointment is necessary. The Clinic is staffed by a registered nurse who will also answer health and medication related questions.

Clinic hours are: **Thursday 9:00 a.m. ~ 11:00 a.m.**

### **Paraffin Wax Hand Treatments**

The Senior Center offers weekly, free paraffin wax hand treatments. No appointment is necessary but service is provided on a first come, first served basis. These treatments are particularly helpful to those who suffer from arthritis. **Monday 1:30 p.m. ~ 2:30 p.m.**

### **Medical Equipment Loan Program**

For seniors in need of a wheelchair, walker, shower chair, commode, transfer bench, cane, etc. the Senior Center can provide the item on loan at no charge, based on availability. **All donations welcome.** Please call the Senior Center at 508- 485-6492 to check on availability or to donate.

### **Friendly Visitor Program**

We are currently looking for volunteers who are interested in visiting elders in the community who are in need of companionship. If you would like to visit an elder one or two hours a week please call Susan Maki at 508-485-6492

## **Information and Referral**

Our Outreach staff provides information about services for the diverse needs of the Seniors in the Marlborough area. Staff often assist family members by facilitating transitions involving information about assisted living and nursing home facilities, financial and/or legal concerns, and providing in-home assessments.

### **Home Delivered Meals (Meals on Wheels)**

Bay Path Elder Services Meals on Wheels program offers the option of a hot midday meal delivered to your door along with a hello. Contact BayPath Elder Nutrition at (508) 573-7200 to set up services.

### **Meals at the Senior Center**

A hot lunch is available at the Senior Center on **Wednesday** at 11:30 am. **Please call and sign up at least 24 hours in advance.** Call the Senior Center at 508-485-6492 for menu selections. \$2.00 donation is requested.

### **FISH Volunteer Program**

The FISH Marlborough program is a volunteer service that provides rides to medical appointments for seniors when friends and family are not available. FISH covers the following communities: Villages at Crane Meadows, Marlborough Villages East, those over 65 that reside at Academy Knoll Apartments, Christopher Heights Assisted Living, Marlborough Public Housing, members over 65 of "the Friends of the Marlborough Seniors" and Veterans referred by the Veterans Agent and residents of Marlborough Hills Healthcare Center. To schedule a ride call 508-485-6492 ext. 11 one week in advance and leave your name, phone number and the date of the appointment and you will be contacted.

### **LifeLine**

The LifeLine Medical Alert service has provided senior patients with quick access to help at the push of a button in the event of an emergency. If you are interested in LifeLine please call 1-800-521-5539.

### **Greeter's Desk**

We are currently in need of Greeters to sit at the desk and greet people as they enter the Senior Center. Greeters are also responsible for directing people to appropriate activities. This is an opportunity to become familiar with the Senior Center, meet people and make new friends. Call Susan Maki at 508-485-6492 if interested.

**Council on Aging Staff ~**

Jennifer C. Claro	Executive Director
Ana Cristina Oliveira	Outreach Coordinator
Susan Maki	Social Service Coordinator
Sharon Collari	Principal Clerk
Lisa Martino	Bay Path Meals Site Manager

**Council on Aging Board of Directors ~**

Jim Confrey	Chairperson
Sheila Brecken	Vice Chairperson
Brenda Costa	Secretary
Rita Connors	
Dottie Hodgson	
Marie Elwood	

**FISH Volunteer Transportation Program ~**

Larry Vifquain ~ Founder  
 Ellie Harris ~ Co-Founder  
 Lynn Anderson ~ Co-Founder

**Friends of Marlborough Seniors Officers ~**

Judy Jewett	President
Peg Cahill	Vice President
Barbara McGuire	Treasurer
Angela Rossetti	Clerk
Joe Tunnera	
Melissa Esteves	
Dick Mahoney	
Tammy Pozerycki	
Peg Bouvier	
Debbie Beausoleil	
Matthew Jones, Esq.	

**Volunteer Team Leaders ~**

Peggy Cahill	Bingo
Peggy Cahill	Newsletters
Peg Bouvier	Friends Memberships
Judy Jewett	Craft Show
Dick Mahoney	Computer Lab

**Marlborough Transportation Fair**  
 Sponsored by Employment Options  
 & Marlborough Council on Aging

All Invited!

When: June 20, 2012

Time: 10:30AM - 2:00PM

Where: Employment Options, Inc.

Located at 82 Brigham St., Marlborough

Come learn about your public transportation!

We are fortunate to have Ed Carr, Executive Director and Eva Willens from the MetroWest Regional Transit Authority who will provide an overview of our public transportation system in Marlborough. After this discussion you will have the opportunity to attend several small groups that will focus on the following:

- Tracking on the Computer and Reading schedule
- Using the Fair Box & Using a Charlie and/or Tap Card
- Sign up for a Charlie or Tap card (receive discounted rate also bring photo ID with date of birth)
- Take a field trip of Route 7C
- Sign up for Fixed Route Day Field Trips at no cost
- Marlborough Seniors can apply for \$20 credit if financial hardship prevents them from using the Senior Center Or accessing social services and referrals

Lunch will be served to the first 100 people who RSVP to the Senior Center at 508-485-6492. Following lunch we will have several local officials joining the "Share Your Voice" seminar starting at 1:30PM. Please bring your questions and let's make our public transportation the best for our community's needs. Transportation is available. Please call Senior Center—508-485-6492

**MOVIE TIME** with Peggy Bouvier

**Every Tuesday at 1:00 is  
 movie day at the senior center**

Popcorn and refreshments are served and you don't have to stand in line and it's free. Where else can you find a good movie at no cost and be served those favorite movie snacks.

**This month's movie selection include the following:**

**June 5th** *West Side Story*

**June 12th** *50/50*

**June 19th** *Buck*



*All the seniors in town  
are reading this newsletter.*

**Do they know who YOU are?**

*Call to place an ad today*

**800-732-8070**

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patronage to the sponsors  
who support this newsletter.

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Marlborough Council on Aging & Senior Center  
 250 Main Street  
 Marlborough, MA 01752  
 Telephone (508) 485-6492  
 FAX (508) 460-3726

**Hours are Monday –Friday 8:00 am-4:00 pm**

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**Foxwoods Fun!**

\$20.00 includes trip, bonus package,  
 consisting of \$10.00 buffet and  
 \$10.00 coupon.

Pick up is at 7:30 a.m. in front of the Senior  
 Center Bus departs at 7:30 a.m. and returns  
 approximately 4:45 p.m.

**Upcoming dates:**

June 4th, 2012  
 July 9th, 2012, Aug 6th, 2012

Please call Pauline Ordway at 508-485-4677  
 for your reservations and more information.

Also enjoy some BINGO on the bus!

**FRIENDS OF THE MARLBOROUGH SENIORS  
 MEMBERSHIP INFORMATION**

Yes, I want to be a member of the "Friends of the Marlborough Seniors" for 2012.  
 Please fill out this form and mail it to the P.O. Box 358 address below:

"Friends of Marlborough Seniors"  
 P. O. Box 358  
 Marlborough, MA 01752  
 Date Sent: \_\_\_\_\_

\_\_\_\_ Individual (\$5.00)  
 \_\_\_\_ Couple (\$10.00)  
 \_\_\_\_ Building Fund (\$ \_\_\_\_\_)  
 \_\_\_\_ Friends (\$ \_\_\_\_\_)

**PLEASE PRINT:**

**Name** \_\_\_\_\_

**Street Address** \_\_\_\_\_ **Apt. #** \_\_\_\_\_

**City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip Code** \_\_\_\_\_

**Telephone Number** \_\_\_\_\_

**Comments** \_\_\_\_\_